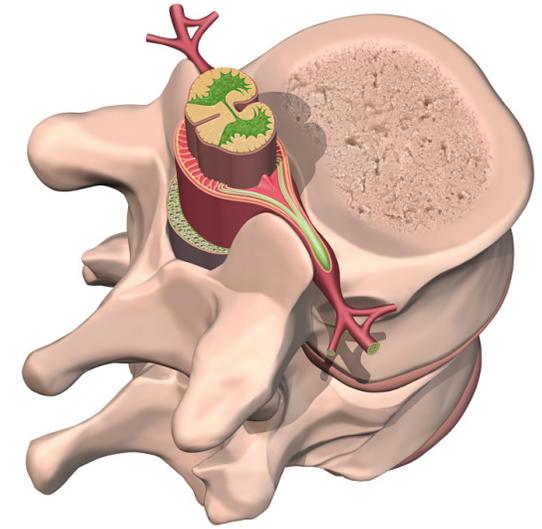


# What is Neck Pain?

Neck pain is often disabling in its nature and results in local pain and sometime refers pain to the head and face area.

Neck pain requires a comprehensive assessment and our team are well suited to assist you with this. Our goals are to assess the source of the problem, assist in settling the symptoms and to help you with management and prevention. In the case of the neck both static and dynamic postures are very important.

A comprehensive pillow, workplace or driving assesment is often required to assist in your management.



## What causes Neck pain?

### POSTURAL STRESS:

Poor posture stresses your neck. Ligaments are over-stretched, muscles tire and joints and nerves can be put under pressure.

### WHIPLASH:

Motor vehicle accidents and some sporting incidents can place a sudden strain on the neck, leading to a wide range of soft-tissue injuries, known as whiplash. Common symptoms include neck pain, upper back pain and headaches.

### ARTHRITIS:

Over time, the joints and discs in the neck may degenerate, leading to inflammation and pain. Bony spurs may develop on the edges of the vertebrae.

Source: Australian Physiotherapy Association.

On rare occasions neck pain can have a more serious underlying cause and if you are worried about any additional or unusual symptoms, discuss this with your physiotherapist or family doctor.

Your Neck



### SLEEPING:

Your physiotherapist can advise you on the best type of pillow for your neck. Also, avoid sleeping on your front where possible.

### AT WORK:

Avoid working with your head down or to one side for too long. Frequently stretch and change position.

### COMPUTER USE:

It is important to have a good posture when using a computer. This will minimise the amount of strain on your neck. Think tall: chest lifted, shoulders relaxed, chin tucked in and head level. Speak to your physiotherapist about proper workstation setup.

### RELAXATION:

Many people 'carry' their stress in their neck and shoulders, leading to hunched shoulders and clenching of the jaw.

Source: Australian Physiotherapy Association.

Your Problem is:

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Suggested /Planned Management:

1. ....  
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2. ....  
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3. ....  
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4. ....  
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Specific Advice:

1. ....  
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2. ....  
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3. ....  
.....  
4. ....  
.....

- Exercises
- Hydrotherapy
- Braces
- Weight loss
- Manual therapy
- Balance retraining
- Strength work
- Conditioning

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# NECK PAIN

## Helpful Hints

